

1 **ABSTRACT OF THE DISCLOSURE**

2 An insole stimulating device for activating contraction of muscular group, enhance
3 intercellular ion circulation of stimulated area and vital points of a human body includes
4 a fixing element, electrical plates received in the fixing element, a resistance received in
5 the fixing element, a control circuit electrically connected to the electrical plates and the
6 resistance to generate low frequency signal to the electrical plates such that when the
7 electrical plates are placed on top of the vital points, the low frequency signal to the
8 electrical plates is able to provide stimulus to the vital points so as to stimulate and
9 provide a thermal effect to surrounding tissues and muscles.